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ADORED AND CRITICIZED PAGE 19



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Tuesday, March 6, 2012

News worth sharing.

FRANTIC FINISH

Oilers fall to the Ducks

Jonas Hiller makes a save on Oilers forward Taylor Hall as Francois Beauchemin of the Ducks looks to clear the rebound Monday night in Anaheim, Calif. Ducks won, 4-2. For more, visit metronews.ca/Edmonton HARRY HOW/GETTY IMAGES

SUV going wrong way kills four

Highway tragedy. Vehicle spotted swerving, heading south in north lane for 20 kilometres before crash: RCMP

Witnesses to a highway crash Sunday near Innisfail said an SUV drove 20 kilometres on the wrong side of a divided highway before hitting another car head-on.

RCMP Const. Doug Dewar said police were told of a north-

bound SUV driving in a south-bound lane, and had an off-duty officer "shadowing" when it struck another vehicle about 11:10 p.m., killing four people from Edmonton in the second SUV.

"It was almost a square head-on collision," said Dewar. Two men, both 35, and two women, aged 39 and 52, were killed on impact.

"They were not at fault," said Dewar, noting all four were Filipino temporary workers.

A 28-year-old woman was sent to University of Alberta Hospital in critical condition, and underwent surgery Mon-

day.

Her condition was not known.

An employee at the Coast Plaza Edmonton Hotel, who wished not to be named, confirmed the four crash victims had worked at the hotel as foreign workers.

The driver of the SUV, a 29-year-old man from Cochrane remains in custody and would be facing a number of charges, including impaired driving causing death and refusing to provide a breath sample, said Dewar.

SHELLEY WILLIAMSON/METRO EDMONTON

New recycling plant — \$4.3M

City aims to divert 70% of waste from construction, demolition sites

PAGE 3

Packing up in Damascus

Canada withdraws remaining diplomats and closes its embassy amid the violence in Syria PAGE 7

Two cats left out in the cold

Chance and Hope look for fresh start after being abandoned outside mall PAGE 3



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\$4.3M plant to build on city's recycling record

Sorted out. Currently just 15 per cent of materials recycled from construction and demo sites



SHELLEY WILLIAMSON
shelley.williamson@metronews.ca

Waste not, want not.

That's a motto the city hopes local contractors, builders and architectural firms will put in action with a \$4.3-million construction and demolition recycling plant opened Monday.

"By accepting mixed loads of construction materials the C&D recycling facility makes it much easier for industry to divert waste from the landfill meet the waste diversion credits for LEED projects," said Mike Koziol, general manager of city infrastructure services.

The facility can process 100,000 tonnes of construction and demo materials annually, from wood and metal, to plastic, concrete and shingles.

Materials are sorted mechanically and manually, then processed at the Edmonton

Recycled facts

- **Rates.** The 2012 rate for mixed C&D loads is \$60 per tonne, while other commercial waste is \$75 per tonne.
- **Accepted material.** In 2010, 52,712 tonnes of unpainted drywall, shingles, wood, trees and brush and aggregate was accepted for recycling at the EWMC.

Waste Management Centre.

Mixed loads must be at least 75 per cent wood, metal, drywall, asphalt and concrete, shingles, cardboard and paper, 70 per cent of which will be recovered.

With an estimated 15 per cent of waste from construction and demolition sites currently being recycled in Alberta, the city hopes to bring that number to 70 per cent.

"I think what this represents is a really, really important missing piece to the remarkable work that we've been doing diverting waste in this city," said Coun. Ben Henderson.

By 2015, the goal for overall diversion from landfill sites is 90 per cent of the city's waste.



Coun. Ben Henderson tries his hand at diverting some of the city's construction waste at the newly opened C&D recycling facility on Monday. SHELLEY WILLIAMSON/METRO

Public education focus for proposed butt ban



Doing this too close to an outdoor area where children frequent could cost you \$250, should city council approve new rules. HEATHER MCINTYRE/METRO



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Lighting up outdoors around children will likely be extinguished.

A council committee voted in favour of a proposed smoking ban on Monday. It will go before city council for a final vote next week.

"Even though the bylaw may not be as enforceable as people may like to see, we have others (like that)," said Coun. Amarjeet Sohi. "And I think people do comply with those bylaws voluntar-

ily."

Last year, the city surveyed 400 residents and found that 80 per cent agreed with the idea, though were more in favour of public education than enforcement and fines.

David Aitken, community standards branch manager, said the goal will be public education, as is evident by a proposed three-year \$75,000 awareness strategy.

"I think it makes sense ... Nobody is going to be hurt by this," said Sohi. "And if people want to smoke, all they've got to do is step away from the field."

Bylaw bits

- **What are they?** The new rules are amendments to Edmonton's public places bylaw, adding playgrounds, spray parks, skate parks and more to non-smoking list.
- **The fine.** The amendments call for a \$250 fine if caught smoking within 10 metres of the aforementioned places.
- **When.** Should city council vote yes, the new rules will come into effect as soon as April 1.

Television

Banff to host LIVE! With Kelly taping

Kelly Ripa will be heading to Banff National Park to tape four shows next month.

The Banff Centre will play host to LIVE! with Kelly between April 2 to 5.

"We're of course thrilled to host this," said Debra Hornsby, spokesperson for

The Banff Centre.

The show's executive producer Michael Gelman said the Canadian fan base is among their most loyal.

"This will be our first visit to Alberta, and the majesty of the Canadian Rockies will be a stunning setting for the shows," said Gelman, in a release.

Tickets will be available through the LIVE! with Kelly website. **KATIE TURNER/METRO**



Kelly Ripa THE CANADIAN PRESS

Video games

Edmonton's BioWare launches Mass Effect 3

Edmonton company BioWare launched their latest game, Mass Effect 3 (ME3) at midnight Monday.

One of four official launch parties in North

America was held at EB Games at Southgate Centre, where fans were expected to line up for not only the game, but a meet and greet with Mark Meer, the voice actor who plays Commander Shepard in the science fiction video game series.

For more information on the game, visit bioware.com.

METRO

News in brief

Putin Protest

An attempt by Vladimir Putin's foes to protest his presidential election victory by occupying a Moscow square ended with riot police quickly dispersing and detaining hundreds of demonstrators. Watch at metronews.ca/video

On the Web



Dieticians take to the web to bust nutrition myths and misconceptions. Scan the code for the story.

1

NEWS

Mental health. Alberta hospital issued \$15M prescription for change

Alberta Hospital is getting a \$15-million facelift courtesy of Alberta Health and Wellness, which will go towards 80 new beds in four new in-patient wards.

"This investment strategy is the first stage in implementing Alberta's Addiction and Mental Health Strategy," said Fred Horne, Alberta's minister of health and wellness. "Enhanced support for some of our most vulnerable in society and reaching out to children and youth are critical."

The province announced the boost Monday, which comes in addition to \$25 million earmarked in the budget for expanded counselling servi-

Hospital facts

- **Renovations.** Alberta Hospital was slated for a full renovation years ago, but former Alberta Health Services CEO Stephen Duckett said the aging buildings were too decrepit.
- **Closure.** Building 12, which housed hundreds of geriatric psychiatric patients, was closed in 2011.

ces provincewide, community-health and addiction services, and mental-health help in schools. **SHELLEY WILLIAMSON**

Queue-jumping

Judge named in health probe

The Health Quality Council of Alberta has named the man heading an inquiry into alleged hospital queue-jumping. Justice John Vertes is a retired Supreme Court judge. **METRO**

Court

Man charged in alleged assault

Police have charged a man after an alleged assault of Michael Briscoe. Thomas Dennis Rouleau, 42, faces assault, obstructing justice and breach of recognition. **METRO**

Cat's out of bag as EHS investigates abandonment



Chance is one of two five-month-old female kittens found abandoned on Saturday and turned in to the Edmonton Humane Society.

HEATHER MCINTYRE/METRO

Freezing felines. Pair of kittens left in the cold for unknown length of time prior to being rescued prompts EHS warning



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Chance and Hope have arrived at the Edmonton Humane Society and are looking for new beginnings.

Those names were a natural fit when the two five-month-old female kittens arrived Saturday after being found abandoned.

"They were zipped up in a tiny camera bag and left there outside an entrance to Abbottsfield Mall," media-relations officer Shawna Randolph said Monday.

The EHS' animal-protection department received the call around 4 p.m. after a man noticed the bag and brought it to a mall security guard. When they opened it, they found the pair of kittens, a blanket and some toys — no note or identification.

"They were very scared, very

Investigation

- **Adoption.** Hope and Chance will be spayed and then put up for adoption, likely within a week should they remain in good health.
- **Protection.** Abandoning an animal is an offence under the Animal Protection Act of Alberta.
- **Information.** With no security-camera footage available, the EHS is asking anyone with information about this incident to call 780-491-3517.

hungry and very thirsty," said Randolph. "(And) they were really lucky."

"We don't know how long they'd been there. And we don't know how long they would have been there."

Randolph said it's important people know there are alternatives to abandoning animals, which is a crime, and that the EHS accepts all companion animals.

"The frustrating thing is this happens more often than people realize," she said, adding it seems kittens are sometimes viewed as "disposable."

Sylvan Lake

Car and train collide, killing one

One person is dead after a fatal collision between a car and a freight train in a popular central Alberta lake community.

RCMP say the driver of the car died at the railway crossing in Sylvan Lake where the crash occurred. The driver was the only occupant in the vehicle.

Witnesses say the crossing lights and bell were working. There was heavy snow falling at the time and roads were covered. **THE CANADIAN PRESS**

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Trial. London jury hears horrifying details in Tori Stafford murder case

Eight-year-old Victoria Stafford's brutally beaten body, clad only in a Hannah Montana T-shirt, lay for 103 days in garbage bags under a pile of rocks far from home, a first-degree murder trial heard Monday.

There was a light covering of snow in the farmer's field where she was left on April 8, 2009, after being killed with several blows to the head with a hammer, a jury in London, Ont., was told in the Crown's opening statement. The snow was long gone by the time her badly decomposed remains, with a pair of butterfly earrings belonging to her mother, were found by a police officer on July 19.

The Crown's horrifying account of the Grade 3 student's last hours, after she was grabbed outside her school in Woodstock, Ont., was laid out Monday.

Tori was abducted by Rafferty and McClintic, sexually assaulted and brutally beaten to death within the span of several hours, Crown attorney Kevin Gowdey told the jury. McClintic, 21, has already pleaded guilty to first-



Rodney Stafford, father of slain eight-year-old Woodstock girl Victoria Stafford, speaks to reporters. GEOFF ROBINS/THE CANADIAN PRESS

degree murder and is serving a life sentence.

Outside court earlier Monday, her father Rodney Stafford said it's hard for him to be in the same room as the man accused of killing his daughter, and he hopes Tori's name will be remembered more than the man in the prisoner's dock.

"It's not about Rafferty, it's about the little girl who lost her life," he said, carefully choosing his words because the trial is underway.

THE CANADIAN PRESS



Tory MP blames robocall on Elections Canada

Protesters take part in a robocall protest on Parliament Hills in Ottawa on Monday. Conservative backbencher Maurice Vellacott Monday suggested Elections Canada may be to blame for the robocalls affair, saying there have been numerous address errors by Elections Canada in the six federal elections he has contested.

SEAN KILPATRICK/THE CANADIAN PRESS

Back-and-forth

NDP-er calls for Tory to quit over sleep accusations

NDP veterans affairs critic Peter Stoffer is calling on Conservative MP Rob Anders to resign from a House of Commons committee after veterans accused him of falling asleep during a presentation.

Stoffer said Monday it was insulting that Anders allegedly fell asleep before a Parliamentary committee about veterans.

THE CANADIAN PRESS

100th anniversary

Mint releases Titanic coin

The Royal Canadian Mint has unveiled a commemorative silver coin to mark the centennial of the Titanic sinking.

The collector coin features a design by artist Yves Berube of the ship under full steam as it nears an iceberg. It also shows the longitude and latitude of where the ship sank in the North Atlantic. THE CANADIAN PRESS

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Canada closes embassy in Syria, increases sanctions

Canada has withdrawn its remaining diplomats from Syria and closed the embassy in Damascus.

Foreign Affairs Minister John Baird said the deteriorating security situation forced the pullout.

"Canada has maintained its diplomatic presence in Syria — despite the risks — to monitor developments on the ground and to deliver tough and frank messages to the Syrian authorities," Baird said in a statement.

"These messages will continue to be delivered directly through the Syrian embassy here in Ottawa and through

our other international forums.”

Canada has been urging Canadians to leave Syria for months. Any still remaining can still seek consular help through Beirut, Lebanon, or Amman, Jordan.

The closure came as Baird also announced more sanctions against Syria, including a freeze on the assets of the country's central bank and seven senior ministers in the government of Bashir Assad.

Canada has also imposed travel bans, sanctions and freezes on 115 Syrian individuals and 39 entities.

Baird is calling for a wider

international effort to pressure the Assad regime.

and intense international pressure on the regime to stop the violence and to allow a peaceful, Syrian-led transition," he said.

"Those responsible for the violence across Syria must be held accountable for their actions."

The minister said Assad must go, "Change will happen. Syrians will have their day—and Canada stands with the Syrian people in their push for a better, brighter future."

THE CANADIAN PRESS



Protests in Moscow

Russian police officers detain demonstrators attempting to hold an unsanctioned protest in Moscow on Monday. Demonstrators contested the outcome of the Russian presidential election, pointing to a campaign heavily slanted in favour of Russian Prime Minister Vladimir Putin, and to reports of widespread violations in Sunday's ballot. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Train crash

Railway safe, Poland insists

A train collision that left 16 people dead in Poland has put the spotlight on the country's long-neglected railroad system.

As prosecutors on Monday announced plans to charge a traffic controller with unintentionally causing the spectacular crash that also injured more than 50 people, experts and officials in Poland insisted that trains remain the safest form of travel in spite of Saturday's tragedy.

But some railway employees accused the state-run rail system of cutting back on security precautions as it tries to cut costs.

THE ASSOCIATED PRESS

Egypt

Weapons coming from Libya

The number of weapons smuggled into Egypt across the Libyan border is on the increase, with thousands of weapons flooding into the country, Egyptian security officials said Monday.

They said residents of southern Egypt, where families often accumulate large arsenals to protect property and settle feuds, are the main buyers.

The officials said 576 weapons, including modern sniper rifles, were seized by police in the last three months near the Libyan border.

The number of weapons that reached buyers is believed to be five times the number seized.

THE ASSOCIATED PRESS

Not-guilty plea

Trial starts in horrific attack

A Floridian charged with hacking a Connecticut homeless man to death with an axe and eating some of his brain and an eyeball has pleaded not guilty to murder.

The Connecticut Post reports that Tyree Smith, a Florida resident who grew up in Connecticut, also waived his right to a probable-cause hearing in Bridgeport Superior Court.

The 35-year-old Smith is charged with murdering Angel Gonzalez in Bridgeport on Dec. 15. He was arrested in his Florida hometown in January.

Gonzalez's relatives say Smith deserves a sentence of life in prison.

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Nine U.S. advertisers rush from Rush

'Slut' furor. Limbaugh jokes he even got a busy signal when he called his own show to cancel an ad

Nine advertisers had dropped their sponsorship of Rush Limbaugh's U.S.-wide radio show as of Monday in a furor over his "slut" jibe.

They included Internet

services company AOL, Pro-Flowers and U.S. mortgage lender Quicken Loans.

Limbaugh even joked he got a busy signal Monday when he called the show to join the growing roster of advertisers abandoning it.

"I called myself to cancel my advertising. I got a busy signal," he deadpanned at the start of Monday's program.

Limbaugh sparked the fracas last week when he called law student Sandra

Contrite

"I should not have used the language I did, and it was wrong."

Rush Limbaugh, on his radio show on Monday.

Fluke a "slut" and a "prostitute" for wanting insurance coverage for birth control devices. He apologized on the weekend.

But Fluke said the apology did nothing to change the corrosive tone of the debate over health-care coverage.

She said she had not heard from Limbaugh directly and had little interest in speaking with him.

Fluke testified to Democrats in support of their national health policy, which would compel her Jesuit college's health plan to cover her birth control.

The administration of Democratic President Barack Obama wants employers, including institutions such as Roman Catholic hospitals, to be required to cover women's contraceptive needs.

Limbaugh, even as he retreated from calling Fluke a "slut" and "prostitute," insisted the 30-year-old was trying to "force a religious institution to abandon its principles to meet hers."

THE ASSOCIATED PRESS



Rush Limbaugh. THE ASSOCIATED PRESS

Record bid. Daredevil dies after being buried alive in 3-metre trench

A Sri Lankan man has died while trying to set a record for the longest time spent buried alive.

Police said Janaka Basnayake, 24, buried himself over the weekend with the help of his family and friends in a trench sealed with wood and soil in the town of Kantale, about 220 kilometres north of Sri Lanka's capital, Colombo.

A local newspaper said the trench was three-metres deep.

Basnayake was buried around 9:30 a.m. Saturday.

Police said that when he was brought to the surface at 4 p.m., he was unconscious and was taken to a hospital, where he was pronounced dead.

Dr. D.G. Costa of the Kantale hospital said a post-mortem examination could not determine the cause of

death and further medical investigations are being conducted.

Basnayake's mother, L.D. Leelawathi, said her son had enjoyed performing unusual acts since his childhood — a liking that grew after watching movies.

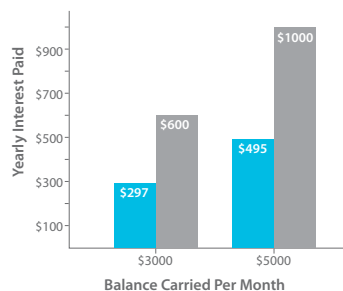
A newspaper quoted her as saying that her son had been buried alive on two previous occasions — for two and a half hours and six hours respectively.

It was unclear whether there is an official world record for the longest time buried alive.

Police said Basnayake was a member of the Civil Defence Force, a police unit that fought in the country's 25-year civil war.

THE ASSOCIATED PRESS

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Unreleased music

Hackers swoop on Sony, steal Jackson tracks

Two men have been charged in Britain with hacking into Sony Music's computers and stealing music.

A person familiar with the situation said the hackers obtained unreleased Michael Jackson tracks.

Sony Music Entertainment spokesperson Liz Young said the company noticed a breach of its systems and "took steps to secure the site." No customer data were compromised. Sony would not say how much music was stolen.

But a person familiar with the situation, who was not authorized to speak publicly, said Monday the suspects were Jackson fans and had taken his music, including unreleased material.

THE ASSOCIATED PRESS

Quakes to blame

Disasters cost lives and historic amount of cash

The economic cost of disasters in 2011 was the highest in history — costing at least \$380 billion, mainly due to earthquakes in Japan and New Zealand, a United Nations envoy said Monday.

Margareta Wahlstrom, the secretary-general's special representative for disaster risk reduction, said the figure was two-thirds higher than the previous record in 2005, when hurricane Katrina struck the United States.

In addition to the earthquakes, Wahlstrom said major floods in Thailand and other countries caused extensive damage.

"The main message is that this is an increasing — very rapidly increasing trend with increasing economic losses," Wahlstrom said.

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App-chievement

Apple app store hits 25 billion downloads

More than 25 billion apps have been downloaded from Apple's app store.

A news release from Apple on Monday said the downloads came from more than 315 million iPhones, iPads and iPods. The app store has more than 550,000 apps to date, some of them free.

Chunli Fu of Qingdao, China, downloaded the 25 billionth app and won a \$10,000 iTunes gift card. **THE ASSOCIATED PRESS**

Stock soars

BP shares up after Gulf-spill settlement

Shares in BP PLC have hit their highest level in over a year in the wake of the oil company's announcement that it had reached a settlement with victims of the massive Gulf of Mexico oil spill.

BP shares were up 1.6 per cent at 504.4 pence in midday trading in London Monday. The company's share price had earlier struck a high of 512 pence, its highest level since January 2011.

THE ASSOCIATED PRESS

EU eyes quotas for corporate boards

Gender equality. European Commission says low presence of women in decision-making positions hurts companies' results

The European Union is moving closer to introducing mandatory quotas for the number of women on company boards after businesses failed to make sufficient progress in gender equality over the past year.

The EU's Justice Commissioner, Viviane Reding, said Monday that at the current rate it would take more than 40 years for women to hold 40 per cent of board positions in Europe's publicly traded companies.

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should in-



European Commissioner Viviane Reding addresses the media in Brussels on Monday. **YVES LOGGHE/THE ASSOCIATED PRESS**

crease to 40 per cent.

At the moment, only one in seven — or less than 14 per cent of — board members at Europe's biggest companies are women, the Commission said. That's up only slightly from just under 12 per cent in 2010 and despite the fact

that 60 per cent of university graduates are now women.

The percentage of women chairing major European companies even fell slightly over the past two years, to 3.2 per cent from 3.4 per cent in January 2010.

THE ASSOCIATED PRESS

Real estate

Home sales expected to outpace 2011

The number of Canadian homes sold this year will outpace 2011 while prices will hold steady in most parts of the country, the country's largest real-estate association said Monday.

The Canadian Real Estate Association said the number of home sales will grow by 0.3 per cent this year to 458,800 from 457,305 units in 2011, largely due to the continuation of low borrowing rates.

The national average price is forecast to dip by 1.1 per cent in 2012 to \$359,100 but that's due to a drop-off in multimillion-dollar sales activity in Vancouver, Canada's most expensive real-estate market.

Prices are expected to remain around current levels in most parts of the country, CREA said.

CREA expects Alberta, Saskatchewan and Nova Scotia will drive sales growth this year, offsetting weakness in other provinces. **THE CANADIAN PRESS**

Market Moment



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Police too cosy with press, inquiry told

Too much gossip between senior police officials and members of the press has led to breaches in confidentiality, the former head of London's Metropolitan Police said Monday.

Paul Stephenson, who resigned last year over his force's failure to get to grips with the phone-hacking scandal at Rupert Murdoch's News International, told Britain's media

ethics inquiry that relations between a small number of police managers and the media were closer than necessary.

Stephenson didn't go into detail, but his comments are the latest to underline the often close relations between Britain's national press and its biggest police force.

Senior Scotland Yard official Sue Akers testified last



Former London police commissioner Paul Stephenson stands outside New Scotland Yard in London in January 2009. **SANG TAN/THE ASSOCIATED PRESS**

week that journalists paid tens of thousands of pounds' worth of bribes to serving police officers, and Stephenson's former deputy, John Yates, was thrown onto the defensive Thursday after it was revealed that he'd shared champagne with one of the many journalists who are

now suspects in the scandal.

The scandal over the systematic interception of voice-mails has rocked Britain's establishment, leading to the arrest or resignation of dozens of reporters, public officials, and News International executives. **THE ASSOCIATED PRESS**



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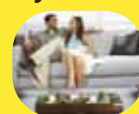
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**SHE
SAYS...**
Jessica Napier
metronews.ca/shesays

Last week, my friend Amy quit her job. There's nothing particularly interesting about this other than the fact that she gave her notice without any sort of plan for what comes next.

It's pretty bold to give up a stable working environment before you figure out your next step. Simultaneously liberating and terrifying, leaving a bad job is great, but giving up a regular paycheck certainly isn't. Part of me is jealous of Amy's optimism toward her uncertain future; the other part of me needs to pay my rent next month and likes owning a fancy cellphone.

Up until this point, everything has been carefully mapped out for us: go to school, get a job, make money, feel satisfied with your grown-up life, etc. But what happens when you realize that perhaps this isn't exactly where you want to be? Is it too late to hit the reset button on your career?

The short answer is: absolutely not.

For our parents and grandparents, a long-term career

with the same company was the holy grail of the working world. But in today's increasingly grim economy, a non-traditional workforce is evolving. We're now expected to embrace instability and jump from job to job with ease. And all of the perks that come with full-time employment — job security, health benefits, retirement plans — just seem like outdated luxuries.

Almost everyone I know is doing something other than working full-time at a stable job. I currently operate three separate work-related email addresses and, on a good

week, have up to five different bosses. We're all enrolled in continuing education, freelancing on the side, working on contract and generally not expecting to be in the same job five years down the road.

I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/someone else: graphic designer/server, retail manager/blogger, teacher/photographer and so on.

I have one friend who works in banking and is getting her MBA part-time. She recently announced, without even a hint of irony, that she has started babysitting on the side in order to make some extra money. Apparently in a competitive job market you can't be above stealing employment opportunities from 13-year-olds.

So maybe it isn't so crazy to quit your job without a backup plan. As dreams of lifetime employment are replaced with an "until something better comes along" mentality, flexibility has become the new full-time.



A bike rider does some serious multitasking as he makes the most of his morning outside the U of T campus. AARON VINCENT ELKAIM/TORSTAR NEWS SERVICE

This robot doesn't make calls



GETTY IMAGES

Push your buttons

Robogirls grind at high-tech expo

GERMANY. At least for some, all things technological get all the attention.

A "pole-dancing" robot is pictured during preparations at the CeBIT, the world's largest computer expo. The biggest tech expo takes place at the largest exhibition ground in the world, the Hanover fairground.

METRO WORLD NEWS

Debut

These works of art are not for sale

U.K. For those interested, these alluring robots of the female persuasion are not up for sale at the expo. They are works of art by 44-year-old British sculptor Giles Walker, which were first featured at a 2006 exhibit — Peep-show — by U.K.-based alternative art and cultural movement Mutate Britain.

METRO WORLD NEWS



A technician adjusts a robot. GETTY IMAGES

They are made from...



"My robots are low-tech, built from scrapyard parts. The motors in them are mainly wind-screen-wiper motors."

Giles Walker
sculptor

Walker says...

Voyeurism in our society

"It links the ideas of surveillance and voyeurism. We all live in a peep show with these mechanical peeping Toms on every street."

Staring at real buttocks...

"I looked at the real thing and adjusted the motor to get the movement right."

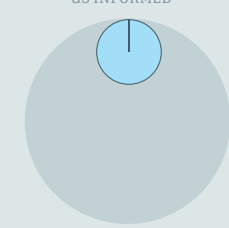


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@krazysexykool76: Be safe tonight in #yeg everyone. I hear a big storm is coming

@TamaraStecyk: This is rare in #yeg. I am in an empty Tim Hortons.

@GameTimeArt: Tomorrow is going to be a

nightmare on #yeg streets.. Snow, slush and a whole night of freezing temps...

@MikeLalli: Has anyone else in #yeg seen the guy on 116st who watches rush hour traffic everyday from a balcony? He's like #dancingDan... #staringSteve

@1gayleforce: If you have time isn't everything in walking distance? Just sayin #yeg



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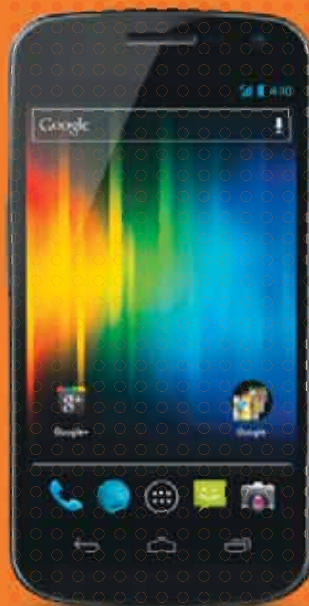
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DVD reviews

The Skin I Live In

Director. Pedro Almodovar

Stars. Antonio Banderas, Elena Anaya, Jan Cornet

In *The Skin I Live In*, Madrid master Pedro Almodovar turns more Ed Wood than Hollywood. There's weird science and kinkier sex.

Antonio Banderas is chilly plastic surgeon Dr. Robert Ledgard who has a laboratory inside his gated mansion where he seeks to invent artificial human skin by radical methods. His home also houses a beautiful, suicidal patient named Vera (Cairo Time's Elena Anaya). This more freaky than frightful, a "B" picture by an "A" director.

Footloose

Director. Craig Brewer

Stars. Kenny Wormald, Julianne Hough, Dennis Quaid

The 2011 remake of 1984's *Footloose* is virtually a beat-for-beat copy of its Reagan-era forebear. Director Craig Brewer sticks to the vanilla basics. The rebooted *Footloose* isn't as bad as feared, but neither is it the least bit necessary. **PETER HOWELL**



The story of John Carter first appeared in serialized form in a magazine in 1912. / HANDOUT

John Carter's West 'trumps' his fans

Sci-Fi. John Carter star Dominic West talks about his *Star Wars* and the line that sparked a following



NED EHRBAR
scene@metronews.ca



British actor Dominic West has become quite the familiar face thanks to his critically acclaimed run as Detective Jimmy McNulty on HBO's *The Wire*. And while the deserts of Mars are a long way from the streets of Baltimore, Md., John Carter is hardly his first foray into the science-fiction genre.

"I was in *Star Wars*, I don't

know if you knew that," he says with a coy grin. "I've got a ridiculous hat on. I played two parts in the *Phantom Menace*. The first one — I think I had two lines, which were cut — was a Naboo officer, and then the next one was Palace Guard, who remained. I say, 'The boy is here to see you, your highness.'"

And while the 3D re-release of the *Phantom Menace* last month has many learning in retrospect about his involvement in the blockbuster franchise, West reveals that he's gotten more fan attention for that one line than for five seasons of *The Wire*, believe it or not. And they don't just send fan mail: West often receives copies of his *Star Wars* Top Trumps card — a children's card game — to be autographed. But fans looking for



Dominic West / HANDOUT

such a favour should proceed with caution. "Whenever they send me my Top Trump card, I never send it back. I keep that and send them a photograph," he says. "They should know better than to contact a palace guard and say things like, 'We loved your work in *Star Wars* and thought you were amazing, what you were doing.' You go, 'Shut up, give me that Top Trumps card.'"

John Carter

What's in a name?

Titles can be a tricky thing, especially when you're producing and releasing a \$200 million-plus potential franchise starter. Somewhere in its journey to the screen, John Carter of Mars became John Carter — and it's not necessarily something the film's producers are thrilled about. "I think John Carter is a very, frankly, vanilla name," admits producer Lindsay Collins. "Apparently there was some study done of movies that had Mars in the title — every single one of them have tanked."



SCENE



Scene in brief

Airport Kitsch

Philippine official says Friday Night Lights star Taylor Kitsch was not hassled at Manila's airport recently, as the Canadian actor indicated. Kitsch said Wednesday on the Late Show with David Letterman that customs officers stopped him at the airport and ordered him back to Japan because his passport didn't have enough pages to stamp. Kitsch said he was let in only after proving with his iPhone that he was an actor. Philippine Customs chief Ruffy Biazon wrote in his blog Friday that no airport records show Kitsch visited Manila, and that his officers do not stamp passports.

On the Web



War Horse Song Person
Melanie Doane says show's folk tunes feel natural to her.

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Silent House star Elizabeth Olsen isn't quiet when it comes to horror

Acting scared.

Younger Olsen sister says playing horror movie roles comes naturally to her



NED
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Elizabeth Olsen admits taking the lead in the real-time horror movie *Silent House* didn't pose too much of a challenge, acting-wise.

"Becoming scared or something like that isn't the hardest thing, I think, for me to do," she says. "It's much harder in my mind to do something comedic timing-wise. I find that to be a huge talent."

The ease with which she finds acting scared aside, Olsen is a natural for the horror genre because she's also a huge fan.

"I've been a fan of horror movies since I started watching movies because I was the youngest of four kids, and my brother — who's the oldest in the family — loves scary movies, and I'm very much his sister," she says.

"*Arachnophobia* was one of the very first movies I grew up on — at a very young age — so that was something I loved."

Despite her love of scary movies, Olsen admits she's not the best company for



Elizabeth Olsen says that she's a huge fan of the horror genre. / HANDOUT

viewing them.

"My friends really don't like seeing movies with me because I am the loudest one in the audience," she says.

"I laugh at things that apparently aren't funny to anyone else."

And I scream and then laugh after screaming. I'm a very vocal audience member."

Analysis

Getting choosy

After making waves with her debut in the critically acclaimed *Martha Marcy May Marlene* last year, Olsen has found her profile in the

industry skyrocketing.

"I did not think that after a year of trying to work I would be in a position where I got to choose things," she says.

That way of thinking most recently drove her to choose writer-director John

Krokidas' *Kill Your Darlings*, the beat generation drama co-starring Daniel Radcliffe, Jack Huston and Ben Foster that begins filming in New York this month.

"It's probably one of the best scripts I've read," she says. **NED EHRBAR**

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An underwater scene featuring numerous ancient stone statues of human figures, some standing and some seated, arranged in rows on the seabed. Two divers are visible in the upper left, swimming above the statues. The water is clear blue with sunlight filtering from the surface.

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Demi gets a visit from ex-hubby, but don't expect a reconciliation

There's at least one person who knows the location of Demi Moore's secret post-rehab vacation: her estranged husband, Ashton Kutcher.

The *Two and a Half Men* star paid a visit to the recovering actress recently, according to *People* magazine — not that he was exactly enthused about it.

"They are not getting back together. He knew it was important to her daughters," a source says of the visit.

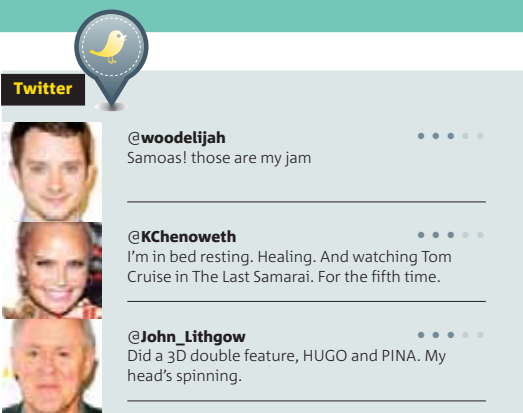
As for where it took place, sources tell *E!* News that they spotted Moore on a private beach near Parrot Cay in Turks and Caicos, at an ultra-exclusive resort only accessible by boat.



HACKERS POST NAKED CELEB PICS ... AGAIN

Metro has your celebrity gossip covered

METRO STAFF



Hacking scandal ... again

More naked celeb photos: Real or fake?



THE WORD
Dorothy Robinson
scene@metronews.ca

Another day, another phone hacking scandal involving half-dressed celebrities.

This time, Christina Hendricks and Olivia Munn are victims after an anonymous user on Motherless.com asked the site's forum readers which celebrity they would like to see naked.

When they answered Munn and Hendricks, the user, apparently through

Oh, baby!

- **Snooki is pregnant — and apparently engaged.** The *Jersey Shore* star has yet to confirm either report, but insiders tell *E!* News and *People* magazine that her boyfriend, Jionni LaValle, popped the question. And there you have it: Snooki is finally being made an honest woman. Let's see how long that lasts, shall we?

hacking magic, got onto Munn's and Hendricks' phones, grabbed some scandalous photos and posted them. And now they are all over the Internet.

Munn's leaked pictures have extremely dirty writing superimposed over hardcore photos of the actress. Hendricks' pics are mostly of the *Mad Men* star in half-dress, while one is a full-on shot of her world-famous rack.

A rep for Hendricks confirms the theft, telling *Gossip Cop*, "Christina's phone was in fact hacked and photos were stolen," noting, "the topless image is fake and not an image of Christina."

Munn is denying everything — she tweeted that the photos aren't hers. (As she should; if real, her pictures are some Hustler-level stuff.)

I know. Your first thought is: why would celebrities take naked photos of themselves when they know they are most likely to be hacked?

But, honestly, if you were that hot with enough of an ego to be an actor, you'd probably take naked photos of yourself, too. Just maybe delete them after you're done doing whatever it is you do with them?

ROMINA MCGUINNNESS WROTE
TODAY'S EDITION OF THE WORD.

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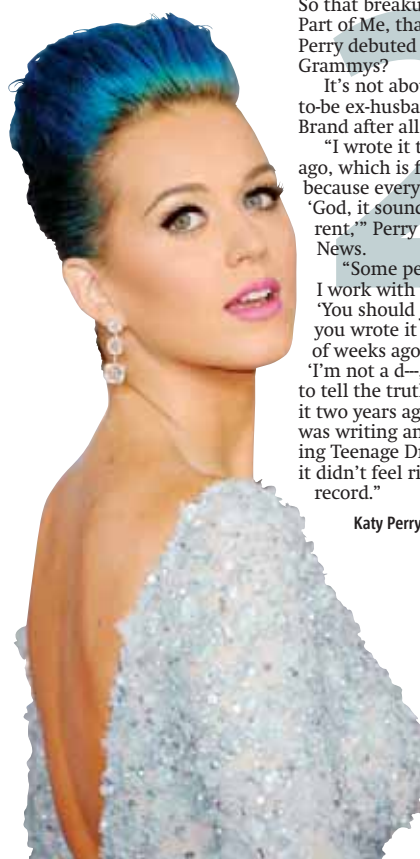
IT'S NEVER TOO EARLY TO START PLANNING FOR YOUR SUMMER EMPLOYMENT

To apply or for more information, contact the Métis Employment Services office near you:
1-888-48-MÉTIS (1-888-486-3647)
www.metisemployment.ca

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Canada

Katy says breakup song not about soon-to-be ex Russell Brand



So that breakup song, Part of Me, that Katy Perry debuted at the Grammys?

It's not about soon-to-be ex-husband Russell Brand after all.

"I wrote it two years ago, which is funny because everybody is like 'God, it sounds so current,'" Perry tells *MTV News*.

"Some people that I work with were like, 'You should just say you wrote it a couple of weeks ago.' I'm like, 'I'm not a d—, I'm going to tell the truth.' I wrote it two years ago when I was writing and recording *Teenage Dream*. [but] it didn't feel right on the record."

Katy Perry / GETTY IMAGES

Birthday boy Bieber only had eyes for Gomez at bash

Justin Bieber celebrated his 18th birthday with a star-studded surprise bash thrown by his manager and his mom at the Beverly Wilshire hotel in L.A., according to *Us Weekly*.

"Everyone danced all night," a source says of the soirée.

Despite notable guests like Mike Tyson and Kim Kardashian, the birthday boy only had eyes for girlfriend Selena Gomez, who flew in from Florida, where she's filming a movie.

"He was all over Selena the whole time, walking her around by the hand," a source says. "He kept kissing her."

As for presents, his manager, Scooter Braun, bought Bieber a \$102,000 one-of-a-kind Fisker Karma hybrid sports car.



As we shy away from calling people fat, are we really being kinder calling them curvy? GETTY IMAGES

Is 'curvy' the new fat?

Weight tends to be a sensitive issue at the best of times. But now more than ever it is important to be happy with how you look

ROMINA MCGUINNNESS
wellness@metronews.ca



Calling someone fat isn't very nice — Karl Lagerfeld learned that the hard way, after he called Adele overweight in Metro, drawing the ire of fans everywhere. But using the word "curvy" — is that wrong? It's usually meant as a compliment for a person with the right amount of flesh, in the right places. We're thinking Marilyn Monroe's hips, Christina Hendricks' bosom and Kim Kardashian's round-end bum.

But what happens if someone has a little too much flesh where they shouldn't? Do they go from being wonderfully curvy to dangerously fat?

The line between the two words has been blurred. Britney Spears for example, has been simultaneously described by tabloids as "out of shape" and "stunning".

Adele is a prime example. Everyone goes on about her weight — she even jokes about it herself (if she could be the face of anything, it would be full fat Coke, she said last September).

So why did Vogue UK smooth out her curves on her February cover?

On the same note, people can't seem to make up their minds as to whether or not 2012 Sports Illustrated Swimsuit cover girl Kate Upton is fat or curvy because her breasts fill her bikini top.

Plus sized model Tara Lynn has posed nude for Vogue Italia, and last summer, and she was the face of H&M's 'Big is Beautiful' swimwear collection. She knows what it's like to be a not-so-skinny-girl working in an environment strongly influenced by the size zero.

"Anyone can take one word and use it in an endless

context," she says.

"Someone could say 'voluptuous' to mask saying another word such as 'obese'. Thankfully, being plus sized is no longer a taboo, even though the media constantly exposes us to a repetition of skinny images day in, day out, making us feel like we need to fit in."

The need to conform is

what drives us to follow trends, and fear exclusion.

"The problem is we can't go all go by one unrealistic body image," adds Lynn.

She believes we need is a diverse perception of beauty covering a broad spectrum of shapes and sizes — no matter what we label them.

"I'm pleading with you to be happy with your body,"

Expert opinion



Gwendolyn DeVoe, creator and executive producer of Full Figured Fashion Week

- **Calling someone fat is offensive, but do you think people are now using 'curvy' to mean the same thing?** I don't think so at all. 'Curvy' and 'fat' are two different terms. Curvy, to me, is a positive term. A woman who is considered

curvy can be a size 10 or a size 20. Curves are curves, no matter what the size. When someone describes a woman as being curvy, in my opinion, they are using it in a positive fashion whereas many people tend to use the word fat in a negative fashion. It's actually refreshing to see people now being more accepting of curvy bodies.

Best Health

Best health portion checker



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know how cow's milk compares with soy, almond and rice beverages in terms of calories and fat?

In each issue of Best Health magazine, we look at portion sizes and compare their ingredients and nutrients.

Here, from the March/April issue, we look at how one cup (250 mL) of milk and other beverages compare:

Skim milk
has 90 calories, 0.5



grams fat, 8 grams protein

1% milk
has 100 calories, 2.5 grams fat, 9 grams protein

2% milk
has 130 calories, 5 grams fat, 9 grams protein

Unsweetened soy beverage



has 80 calories, 4 grams fat, 7 grams protein

Unsweetened rice beverage
has 110 calories, 1 gram fat, 2 grams protein

Unsweetened almond beverage
has 30 calories, 2 grams fat, 1 gram protein

Health fact

Citrus

According to research reported in the Journal of American Heart Association, citrus contains a class of compounds called flavonoids that are believed to provide protection as they improve blood vessel function and have an anti-inflammatory effect.

On the Web



Experimental drug holds promise for use as post-stroke therapy: study



Roll on into this Kitchen that serves fresh, inexpensive fare



Pork-and-shrimp salad rolls, special noodle soup and fried squid. CHRISTOPHER THRALL



LUNCH RUSH
Christopher Thrall
life@metronews.ca

Asian dining has taken on a new look and feel, from the rich decor of greens and browns to elegant place settings. Spring Roll Kitchen is

one of these small, stylish Vietnamese restaurants.

I was ready to be impressed, and our sweet server didn't disappoint. She delivered tea as we sat down and had our appetizer order of massive pork-and-shrimp salad rolls (\$5.95) to us within minutes.

I decided on a huge vat of Special Noodle Soup (\$10.50), which was warm and richly-flavoured, filled with cuts of meat normally unannounced in Western menus.

My favourite, however, was some strips of crispy fried squid (\$6.95), which offered the delightful combina-

tion of crunchy exterior and cartilaginous, chewy interior.

Spring Roll Kitchen delivers in every way: fresh, savoury fare, low prices and terrific service in a bright, open space decorated in modern Asiatic style. Check it out now before it gets as busy as it deserves to be!

Visiting the restaurant

Spring Roll Kitchen

Address. 2395 111 St.

Phone. 780-437-5547

Rating. 4/5

Price range. Low to mid

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Client negotiations. No

Licensed. Yes

Curry Tuna. In a hurry after work? Get dinner ready in a few minutes



This meal can be ready in no time for tired and hungry workers who want a spicy curry in a hurry. The recipe can easily be doubled to make four servings. Serve over rice or accompany with naan bread if desired.

1 In a large saucepan over medium heat, melt butter. Add the garlic. Stir in the tuna, sour cream and curry powder. Heat until warm and serve. Garnish with cil-

Ingredients

- 15 ml (1 tbsp) butter
- 1 clove garlic, minced
- 2 cans (each 85 g) flaked light tuna (spicy Thai chili flavour)
- 250 ml (1 cup) low-fat sour cream
- 5 ml (1 tsp) curry powder
- Cilantro sprigs, for garnish (optional)

antro sprigs, if desired.
CLOVER LEAF/ THE CANADIAN PRESS

Make the wok sizzle

Coconut Pork Stir-Fry



This recipe makes four to six servings. NEWS CANADA

Stir-fries are a great dinner option when you want something quick that allows you to use the veggies and meats you already have in your fridge and freezer.

While this Coconut Pork Stir-Fry uses mushrooms,

red peppers, onions and spinach, it would work just as well with veggies such as yellow or green peppers, broccoli, green beans, water chestnuts and red onions.

You can also swap out pork for chicken or tofu if you prefer.

While the recipe calls for rice you could also try it with soba noodles or brown rice instead.

1 Combine the marinade ingredients in a bowl; add pork, tossing it to coat. Cover and marinate in refrigerator 15 minutes.

2 Heat the oil in large skillet or wok over medium-high heat until hot. Stir-fry the pork, 1/2 at a time, 1 to 2 minutes or until outside surface is browned. Remove the pork from the pan with slotted spoon.

3 Stir-fry mushrooms, bell pepper and onion in same pan for 3 to 5 minutes or until onion is crisp-tender. Add pork, coconut milk and garlic salt. Stir in spinach; cook 3 to 5 minutes or until spinach is wilted, stirring occasionally. Serve over rice if desired.

NEWS CANADA

Ingredients

Marinade

- 1 tbsp soy sauce
- 1 tsp ground ginger
- 1/2 tsp Chinese five spice
- 1/2 tsp crushed red pepper

Stir-Fry

- 375 g pork tenderloin, cut

- lengthwise in half, then crosswise into 1/4 inch/6 mm thick slices
- 1 tbsp Mazola Veg Plus! canola and vegetable oil blend
- 250 g sliced mushrooms
- 1 red bell pepper, cut into thin slices

- 1 small onion, cut into thin wedges
- 1 can (390 mL) coconut milk
- 1 tsp garlic salt
- 4 cups packed spinach leaves (approximately 150 g)
- Cooked rice, optional

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Women in red prove more attractive to men, says study

Desire. Never underestimate the power of a woman in red. A new study looks at what attracts men to women and proves that red really is the colour of love.

CASSANDRA
GARRISON
life@metronews.ca



Men who participated in the study looked at photographs of women framed by borders of different colours, including red. They were asked to judge how pretty they perceived the women to be.

Later, they viewed images of women wearing red shirts and were asked how much money they'd be willing to spend on each woman if they were on a date with her.

Turns out, the women wearing red or framed in red came out on top. These women were:

- rated significantly more attractive
- rated more sexually desirable

- more likely to be asked to the prom
- more likely to be treated to an expensive date

However, the colour red did not affect other factors the men were asked to comment on about the women, like likeability, intelligence or kindness.

This study could very well be the only scientific document on the effects of colour on behaviour in relationships.

"Much is known about colour physics and colour psychology, but very little about colour psychology," said psychology professor Andrew Elliot, a researcher on the study. "It's fascinating to find that something as ubiquitous as colour can be having an effect on our behaviour without our awareness."

Though society has deemed red the colour of passion, the attraction to it might be more scientific.

Primates offer a clear example. The females of some species will redder when nearing ovulation — sending the message that it's mating time.

"Our research demonstrates a parallel in the way that human and non-human



Ladies, if you're trying to impress the men, wear red. ISTOCK

male primates respond to red," said the study's authors. "As much as men might

like to think that they respond to women in a thoughtful, sophisticated manner, it

appears that at least to some degree, their preferences and predilections are, in a word,

primitive."

Yep, just confirming what we already knew.

A dating show in the 'Big Heart,' not the Big Apple



Lori Zaslow
CONTRIBUTED

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She may be a matchmaker and the star of a reality show for Bravo, but Lori Zaslow is no Patti Stanger, of the same cable channel's show The Millionaire Matchmaker.

In fact, Zaslow is the anti-Patti. Unlike the cattle calls Stanger has on her own show, in which she herds a group of women into an office, critiques their appearance and sends them to a mixer hosted

by one millionaire looking for love, Zaslow takes a friendlier approach.

"I think we definitely have a positive approach and that people love working with us because when you're positive, people feel like they can open up," Zaslow explains, adding that her company will only do blind dates.

The client never gets to choose their match.

"I think sometimes people fall into old habits and pick someone who visually is right, but they don't know anything about their insides," Zaslow

explains. "We spend so much time with our clients — that's really our passion, the analyzing. We get invigorated by learning about people — what has worked for you, what hasn't worked."

On her new show, The Love Broker, Zaslow brings the cameras with her as she coaches her clients through the process of dating in New York City — a town that's caught plenty of flack from Stanger, who once said that women in New York should "dumb it down a little bit" for the men they date.

Typically, Zaslow is a bit more optimistic about the state of dating in her city.

"I love New York. I love the people here. I feel like maybe it's more of a challenge than in other cities because there are so many people," she says.

"I think there's more layers here. It's not skin-deep. It's really deep — and it takes a lot more time and a lot more energy, so you have to bring a stronger game. That's why people come here to find love and then move out of the city."

"People come here to meet people. I think New York's

Blind date etiquette

1. Just stay for an hour
2. Don't drink too much
3. Talk as much as you listen; listen as much as you talk
4. Be present

known for that. It should be the Big Heart, not the Big Apple."

Dividing up the birthday dinner bill



CHARLES
THE BUTLER
askcharlethebutler@metronews.ca
For more, visit charlesmacpherson.com

I am coordinating a birthday dinner for a friend. Each attendee is expected to pay his/her own bill. The birthday girl's husband is attending. I would like to cover her bill, not his. Any suggestions? Hostess

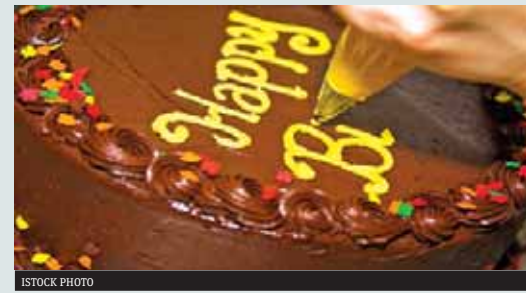
Dear Hostess,

Since these two people are a couple, they should be treated as such and so the bill

absolutely should be paid for both the birthday girl and her husband. Now, you have several ways to deal with this.

Firstly, you can take the total bill including tip and divide this equally among those who are left paying. This will give you the equal amount each paying person contributes for the total bill including tip. In this scenario, all paying people have paid for themselves and an equal

portion for the couple being hosted. Your second option would be to take the total bill including tip divided by the total number of people including the birthday girl and her husband. In this case you are responsible to pay for three shares (yours, the birthday girl's and her husband's). In this scenario, guests pay their own share only and you would be paying for yourself and the two guests. Bon appétit!



ISTOCK PHOTO



Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a home or car. / ISTOCKPHOTO/THINKSTOCK

Borrowing basics

Advice. Make sure you choose the right loan — and the right lender

JANE
DOUCET
For Metro

Spring is just around the corner, and with it comes visions of putting an addition on the house, landscaping the garden, taking a warm vacation to shake off winter's chill or shelling out big bucks for your (or your child's) wedding. While they are all exciting plans, many Canadians will be asking themselves, how will I ever pay for them?

For some, the answer will be to apply for a loan. "Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a cottage or car," says Christine Zalzal, vice-president of marketing at B2B Trust, a third-party supplier of investment and RRSP loans



There are numerous things to think about when planning to get a loan. / ISTOCKPHOTO/THINKSTOCK

in Canada.

When looking for a lender, it's important to make sure the person you deal with at the lending institution is reputable and trustworthy, and that he or she really listens to your needs.

"Both the lender and the borrower have to properly assess the borrower's current

and future financial goals before choosing the right type of loan or product," says Zalzal.

It's also important to consider whether you will be able to meet the loan payments if there is a change in your personal situation, such as you or your partner lose your job or you get divorced.

professional advice from your banker or financial adviser. "Borrowing money is a big and very personal decision," he says. "You have to ask yourself, how much should I borrow? What's my income? What's the best kind of borrowing for me?"

Before you can determine how much money you should borrow, it's vital to understand how much money you already spend each month and where you spend it. Then you can decide where to trim so you can set aside adequate funds to meet your loan payments.

Regardless of whether you borrow money from a bank or another lending institution, you must make sure you can afford to pay back the loan as per the lending agreement.

"Consumers should sleep easy at night knowing they're comfortable with their borrowing plan," says Zalzal. "If they have anxiety over it, they should revisit it."

Mistakes

Avoid these common blunders when you are planning for a loan

Don't want to end up drowning in loan debt? Richard Goyder, vice-president of personal lending at RBC, reveals some common borrowing mistakes and how to avoid them.

Choosing the wrong type of product. If you use a credit card to borrow a large amount of money, you will get dinged with a high interest rate.

"A better idea is to borrow on a line of credit, which has a lower rate of interest," says Goyder.

Not seeking advice. The different types of borrowing options, including secured and unsecured lines of credit and instalment loans — can be confusing if you are unfamiliar with them. "A financial adviser can explain them and help determine which is best for your situation," says Goyder.

Refusing to create a spending plan. It's a fact — budgets are boring. But they are also necessary to ensure you can meet your monthly loan payments. If you don't have a monthly budget, you may borrow too much and not be able to make the payments. Being unaware of your credit score.

A credit score lets lenders know if you are a safe or poor risk to borrow money. If you don't know your score, you can determine it by doing a credit score report online or having your banker do one for you.

Neglecting to approach your own bank. Although it might be tempting to respond to another lender's flashy advertisement, no one knows your financial situation better than your bank.

Because your banker already has your business, it might mean you will get a better deal than elsewhere.

Having too much debt in too many places. This scenario could land you in serious financial trouble, but there is a solution.

"Consolidating your debt can be a very sensible and clever way of saving yourself money on repayments," says Goyder.

JANE DOUCET

Let a specialist navigate your car loan

Investment.

Most people need to borrow money when purchasing a vehicle

Next to a house, a car or post-secondary education is probably one of the biggest investments you will make.

When purchasing a car,

either from a dealership or through a private sale, most people need to secure a loan. The first step is to speak to a specialist who will guide you through the application process and advise you of the available options, says Shahz Beig, associate vice-president, personal lending, TD Canada Trust.

In contrast to a house, you don't need a down payment for a car; you can borrow the

entire amount, as long as you qualify. You will need a bill of sale, and proof of registration, ownership and insurance, says Beig.

The interest rate on a car loan depends on the size of the loan and the number of years you take to pay it off. Interest rates for such loans are lower than for unsecured loans, and can be as low as prime plus 1.75 per cent, says Beig.

As a new car buyer, you can choose a fixed or variable rate with a wide range of payment terms. Bear in mind that the longer the term, the lower your monthly payments. For a new car, you can take up to seven years to repay the loan, but you can pay it off at any time.

"For example, if you can take a loan out for \$10,000, you can pay it off in full in

six months if you please, and there are no penalties or fees associated with that," says Beig.

Since the car is considered collateral against the loan, and a vehicle depreciates over time, you have only up to five years to repay a loan to purchase a used car, and the interest rate would be slightly higher.

Another significant expense is a university or college education. The TD offers

undergraduates a line of credit of up to \$40,000 over four years at an interest rate of prime plus 1.5 per cent (totaling 4.5 per cent), says Beig. He believes this rate is better than for provincial student assistance programs. The bank also offers lines of credit for post-grads, even up to \$200,000, at prime, to qualifying medical and dental students.

PAULINE ANDERSON



If you are looking to build a home, work with a specialist to arrange a loan.

ISTOCKPHOTO/THINKSTOCK

Time to build a dream home

As mortgage rates continue to be relatively low and promise to remain unchanged for at least the short term, this is a good time to consider getting a loan to purchase your dream home.

Start by working with a specialist to get pre-approved, says Farhaneh Haque, director, mortgage advice, TD Canada Trust. This process helps determine the type of loan for which you qualify.

"It gives you the confidence to look at properties that are within your budget," says Haque. "There's nothing worse than falling in love with a home only to find out that you can't afford it."

Part of the pre-approval process involves evaluating your credit rating. "Sometimes we uncover something that you may not even know about, so if there are any skeletons in the closet, we can point you in right direction to rectify that," says Haque.

Selecting the right mortgage — fixed or variable, short or longer term, "open" or "closed" — is as important as finding the right house. Most buyers live in their first house for only about three years so Haque suggests asking about a mortgage's flexibility.

"Can I take this mortgage with me? Can I increase it?

Can I pay more towards the principle? If I need to take a short break from payments, can I do that?"

The minimum down payment is five per cent. Of course, it's better to put down a larger amount so payments aren't so overwhelming and you have a better equity position, says Haque.

Homebuyers can tap into their registered retirement savings plans to purchase a home. You and your partner can each withdraw up to \$25,000, although some conditions apply and it has to be repaid, generally within 15 years.

Remember that the price of the house is not the only expense; there are also closing fees, moving costs, lawyer payments and other incidental costs to consider.

"These need to be built into your budget," says Haque. And in addition to mortgage payments, there are other regular household expenses, including heating, property taxes, maintenance and renovations. A rule of thumb is that monthly housing costs shouldn't be more than 32 per cent of your gross monthly income.

For further information, visit tdcanadatrust.com/homeownership.

PAULINE ANDERSON



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Redefining 'the dream'

Why are happy people 'rich'?



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I read a Fastcompany.com article last week about how the happiest people are spending their money. It's clear that happy people live lives that are rich; 'rich' meaning balanced and largely stress-free.

Happy people often have a different idea of 'the dream.' Rather than working to afford a big house and two cars, they're creating their own 'dream' based on what makes them fulfilled.

For example, instead of

living in the suburbs, many buy smaller, more centrally located homes where they don't need a car.

They save time commuting, exercise more, have fewer expenses and a lower environmental footprint.

Redefining 'the dream' also means less stress. Happy people spend money on affordable experiences, not accumulating 'stuff' that contributes to debt.

For example, many would

prefer to travel versus hosting a lavish wedding; while others spend money on house cleaning so that they have more time to spend with their kids.

Prioritizing expenses to afford personally fulfilling experiences also means living within their means. That in turn translates into less debt and reduced stress.

Happy people also find creative ways to make more money. Some become full-time entrepreneurs. Others

keep working their nine-to-five job, and turn their hobbies, like photography, music or teaching, into extra income by selling their services or inventing new products.

This crowd is frugal and resourceful, which enables them to save for their vision of retirement. Interestingly, many have selected careers that will carry them well past the traditional retirement age of 65.

Like happy people, choos-

ing to not to keep up with the Joneses can buy you more time to focus on the things that matter to you. And it will help you build financial freedom by avoiding debt and having more money for savings.

Bing 'rich' is about having the freedom to pursue your dreams and afford the price tags associated with those dreams. It's not about living up to society's expectation of 'the dream.'

Say goodbye to the yearly panic

RRSP contributions.

Don't miss the boat again this year. It's time to set up monthly automatic deposits.



YOUR MONEY
Alison Griffiths
money@metronews.ca

You did it again. You went down to the RRSP wire, raided the kids' piggy banks, maybe leaned on your line of credit or put the touch on a grandparent then rushed off to make your last minute contribution.

With just under a year until the next RRSP deadline, you resolutely swear you're not going to do the last minute thing again. But I find that RRSP contribution vows, like New Year's resolutions, tend to get tossed aside in the stampede of life.

Take heart, I have a solution. Before the week is over set up an automatic transfer from your bank account to your RRSP. Just do it! Money that is out of sight is out of mind and, better yet, sheltered from spending urges.

While it would be nice to max out your RRSP contributions through monthly deposits, that's unrealistic for many, especially those with families, mortgages and car loans.

Instead, pick a number you can live with that won't stress you financially. Even \$50 or \$100 will start you off and chances are the money won't be missed if it is out of your account before you even have time to think about spending it. To be safe, set up the transfer a couple of days after your paycheque is deposited.

Here's a trick to go along with an automatic contribution plan. Give yourself an RRSP raise on a regular basis. Every six months or so bump up the transfer into your

Who's planning ahead?

43%

The percentage of 18- to 34-year-olds that do not have an RRSP account.

RRSP by a bit. You won't feel the pinch but the habit, once ingrained, will eventually turn into a nice tax deduction year in and year out.

Another rationale to this plan is the benefit of regular investing, called dollar cost averaging. If you contribute to your RRSP monthly, and invest in a group of quality products at the same time, you will have a much better return over time than those who make haphazard lump sum contributions and investments.

Dollar cost averaging evens out the ups and downs of the stock market and interest rates and also saves you from trying to guess when is the best time to invest. Research shows pretty much everyone gets it wrong over time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM



A little saving now can make for smoother sailing later. / ISTOCK

Alison's money rule:

"Don't wait until your financial ship comes in. Save for retirement monthly to achieve the most secure nest egg."

Toss out your takeout menus — cook dinner at home

By the time you get home from work you're starving, tired and ready to pop a frozen burrito in

the microwave. (Or, even better, order pizza!)

It might seem like a good

idea at the time, but ordering all that takeout is likely having an effect on your wallet — not to mention your waistline.

But there's still hope for home-prepared meals in your future. U.K. culinary star Sophie Wright — the youngest head chef in England at age 20 — insists making dinner doesn't have to be time- or labour-intensive.

"You just need to be well organized," says Wright. "You need to have an idea [of a recipe] in the back of your head. Maybe flick through a cookbook the night before."

Then, rather than stopping for a slice of pizza on the way home, stop at the supermarket and pick up a few bits and make a really nice meal."

If this sounds like a case of easier-said-than-done, Wright shows us how in her new book, *Home at 7, Dinner at 8*, which is filled with 80 easy, fancy-sounding recipes, such as Honey Roasted Pork Tenderloin and Red Wine, Gorgonzola and Orange Risotto that can be in your belly in less than an hour.

Taking into account that Wright chops food a lot faster than us novice cooks, the chef added on extra time to each recipe and made sure not to use too many pans ("It's horrible washing up after you cook").

But the true test: "My guinea pig is my boyfriend, who is the most incompetent cook," she says, laughing. "I know that if he can do it, anyone can."

TINA CHADHA/METRO NEWS



Sophie Wright / CONTRIBUTED

Wright's tips:

Keep a non-stick frying pan.

- **Always stock your pantry.** You can make anything taste good with olive oil, salt, pepper and staple spices like ground cumin, ground coriander, chili and paprika.

- **When chopping an onion, chop an extra one.** Store it in a sandwich bag in your fridge for the next day.

- **Freeze extra fresh herbs.** That way, you'll have them ready to go for the next time you're cooking.

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Steve Yzerman, seen here during the Vancouver 2010 Olympics, was named executive director of Hockey Canada's 2014 Olympic bid Monday. RYAN REMIOWZ/THE CANADIAN PRESS FILE

Yzerman embraces 'awesome challenge'

Olympics. 'There was no reason to look at any different person to lead,' says Hockey Canada president

Steve Yzerman is looking to repeat.

The architect behind Canada's 2010 gold-medal-winning men's team at the Vancouver Olympics will once again lead the squad in 2014.

"Given the opportunity to go to Russia and compete in the Olympics again, that's too good an opportunity to pass up," Yzerman said Monday after Hockey Canada named the general manager of the

Tampa Bay Lightning its executive director for the men's team at the Sochi Games.

"It's just too great a challenge and these are things I really enjoy doing. Going into Russia trying to win a gold medal will be an incredibly awesome challenge and exciting for all of us."

Yzerman's management group for the Games will include Detroit Red Wings general manager Ken Holland, Edmonton Oilers president Kevin Lowe, St. Louis Blues GM Doug Armstrong, and Bob Nicholson and Brad Pascale of Hockey Canada.

"When I met with Steve Yzerman, he didn't just want it — he really wanted to be involved and to lead this

group," said Nicholson, Hockey Canada's president. "He quickly came to the conclusion that he'd like to have the same group around him that he did in Vancouver, so we're moving ahead."

Lowe, meanwhile, has also been put in charge of Canada's entry at the upcoming world hockey championship in Helsinki.

Canada has fallen to fourth in the world rankings after a pair of disappointing showings at the past two world championships.

The rankings after this year's world championship will determine how countries are seeded at the 2014 Sochi Olympics.

THE CANADIAN PRESS

No pros? No problem

Whether or not NHL players are allowed to compete in Sochi, Yzerman and his management team have committed to putting together the best entry possible.

- "I think at the end of the day, everyone will agree that it's good for the game and we'll work something out," Yzerman said. "Obviously if the NHL isn't involved, it's going to be a dramatically different tournament. You've got to figure out who will coach, who will play, but we'll work that out."

MLB

Dykstra off to prison on auto-theft charges

Disgraced ex-New York Mets outfielder Lenny Dykstra on Monday was sentenced to three years in a California state prison after pleading no contest to grand theft auto and providing a false financial statement.

Los Angeles County Superior Court Judge Cynthia Ulfig sentenced Dykstra after refusing to allow him to withdraw his plea and said the scam to lease high-end automobiles from dealerships by providing fraudulent information and claiming credit through a phoney business showed sophistication and extensive planning.

THE ASSOCIATED PRESS



Lenny Dykstra
AMY SUSSMAN/GETTY IMAGES FILE

NFL

Patriots make move to retain receiver Welker

The New England Patriots have placed the franchise tag on Wes Welker, the receiver who caught more passes than anyone else in the NFL last season.

The move means Welker would be paid about \$9.5 million for next season unless the sides work out a long-term deal.

THE ASSOCIATED PRESS

CFL. Lions' Johnson retires on his 'own terms'

Wally Buono is not usually one to make bold predictions, but he offered one Monday about Brent Johnson's decision to retire after 11 CFL seasons.

"I bet you my life, he won't have a regret," said Buono.

The veteran defensive end called it a career just over three months after the Lions completed a miraculous worst-to-first run following a 0-5 start and defeated the Winnipeg Blue Bombers 34-23 in the Grey Cup game at B.C. Place.

The 35-year-old from Kingston, Ont., spent his entire CFL career with the Lions, who selected Johnson in the third round of the 2001 draft out of

Quoted

"It's nice to walk away from the game on your own terms. It's also nice to leave while you're still healthy."

Brent Johnson after announcing his retirement on Monday.

OhiO State.

Johnson leaves as the Lions' all-time leader in sacks with 89.

Three times he was named a CFL all-star and helped B.C. win two Grey Cups during his time with the club.

THE CANADIAN PRESS

Baseball

Pirates close to deal with McCutchen

The Pittsburgh Pirates have spent most of the last two decades grooming talented young players only to trade them away before they became too expensive to re-sign.

They weren't going to make the same mistake with all-star centre-fielder Andrew McCutchen. The Pirates and McCutchen are closing in on a new contract that will keep the promising 25-year-old with the team through the 2017 season, with a club option for 2018. THE ASSOCIATED PRESS

Curling. Alberta's Koe in brotherly battle at Brier

One Koe brother is chasing the other atop the standings at the Canadian men's curling championship in Saskatoon.

Kevin Koe's Alberta team was the lone undefeated rink left in the field Monday night at 5-0, while younger sibling Jamie, who skips Yukon/Northwest Territories, was 4-1 along-side Ontario's Glenn Howard.

"It's so rare we're both here, but it is pretty cool seeing both (of us) at the top," Jamie Koe said.

The only other time the brothers were in the same field at the Brier was in 2010, when Kevin won the title in Halifax.

Kevin's Calgary rink was a



Alberta skip Kevin Koe.
JONATHAN HAYWARD/THE CANADIAN PRESS FILE

pre-tournament favourite this year, but the Territories have been a surprise so far.

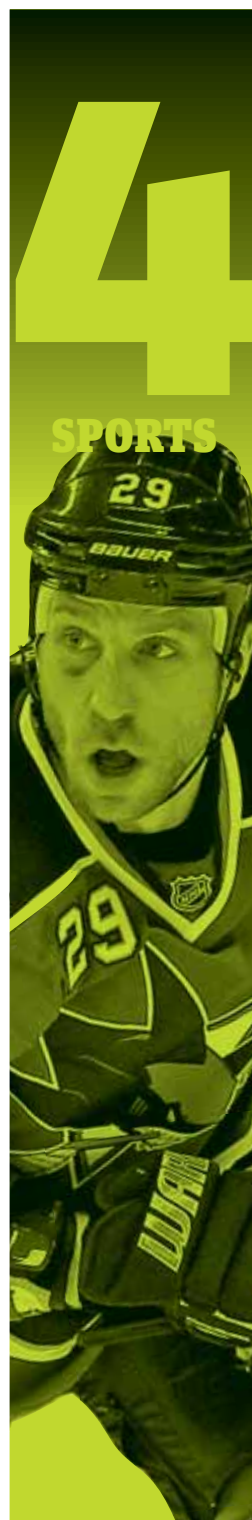
THE CANADIAN PRESS

Oilers preview

Edmonton at San Jose
8:30 p.m., Sportsnet

The Oilers (25-34-6) travel to San Jose (33-24-7), which has won two of its last 10 games. The Sharks lost 3-1 to St. Louis on Saturday and have two goals in the last three games. Coach Todd McLellan has missed three games with concussion-like symptoms after being struck by a stick on Feb. 26 in St. Paul, Minn. Ryane Clowe has one point in the last eight games. Logan Couture (lower body) returned Saturday after missing two games. He hasn't scored since Feb. 21.

THE CANADIAN PRESS



NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	64	42	15	2	5	179	133	91	22-7-0-2	20-8-3	6-2-1-1	W1
d-Boston	64	38	23	1	2	209	150	79	19-12-1-1	19-11-0-1	4-5-0-1	L2
d-Florida	65	31	22	5	7	163	184	74	16-9-1-7	15-13-4-0	4-5-0-1	W1
Pittsburgh	65	39	21	2	3	209	168	83	21-8-1-3	18-13-0-3	8-2-0-0	W6
Philadelphia	64	36	21	2	5	210	191	79	15-10-1-4	21-11-1-1	5-5-0-0	W2
New Jersey	65	36	24	2	3	180	175	77	16-12-0-3	20-12-2-0	5-4-1-0	L1
Ottawa	67	34	25	6	2	202	198	76	17-13-2-1	17-12-4-1	6-3-1-0	L2
Winnipeg	67	32	27	4	4	176	187	72	21-10-1-3	11-17-3-1	6-2-1-1	W2
Washington	65	32	28	2	3	172	184	69	21-10-0-2	11-18-2-1	4-6-0-0	L2
Tampa Bay	65	31	28	3	3	184	219	68	18-12-0-1	11-19-2-2	7-3-0-0	W4
Buffalo	66	30	28	4	4	163	186	68	16-11-3-4	14-17-1-0	6-2-1-1	L1
Toronto	65	30	28	4	3	194	201	67	16-12-3-2	14-16-1-1	2-7-1-0	W2
NY Islanders	66	28	29	6	3	154	190	65	15-14-5-0	13-15-2-2	4-5-1-0	L2
Carolina	65	24	27	8	6	171	197	62	17-13-1-5	7-14-7-1	4-2-2-2	W2
Montreal	66	25	31	2	8	170	184	60	12-15-2-6	13-16-0-2	2-7-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	66	41	17	1	7	209	161	90	19-7-0-4	22-10-1-2	6-2-1-1	L1
d-St. Louis	66	41	18	1	6	169	131	89	26-1-1-3	15-14-0-3	7-3-0-0	W1
d-Dallas	66	35	26	1	4	174	178	75	18-12-0-3	17-14-1-1	7-1-1-1	W2
Detroit	66	43	20	1	2	209	153	89	27-4-1-1	16-16-0-1	6-3-0-1	L1
Nashville	65	38	20	4	3	184	166	83	22-7-2-3	17-13-1-1	6-2-0-2	W1
Chicago	67	36	24	4	3	202	195	79	21-13-1-3	14-17-3-0	7-3-0-0	W3
Phoenix	66	33	24	6	6	171	167	75	17-12-2-2	16-12-1-4	6-3-0-1	L3
San Jose	64	33	24	4	3	179	163	73	19-12-1-0	14-13-2-3	2-7-1-0	L2
Los Angeles	65	30	23	5	7	142	139	72	17-13-0-4	13-10-5-3	4-4-1-1	W2
Colorado	67	34	29	3	1	171	180	72	18-15-0-1	16-14-3-0	6-4-0-0	W1
Calgary	66	29	25	5	7	159	181	70	16-9-1-4	13-15-4-3	3-2-2-3	L2
Anaheim	67	29	28	4	6	170	188	68	18-14-2-0	11-14-2-6	5-4-0-1	W1
Minnesota	66	28	28	2	8	143	180	66	15-12-1-3	13-16-1-5	3-5-0-2	L4
Edmonton	65	25	34	2	4	172	196	56	16-13-2-2	9-21-0-2	3-6-1-0	L3
Columbus	65	20	38	2	5	153	214	47	11-18-1-2	9-20-1-3	4-5-1-0	W2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Winnipeg 3 Buffalo 1
Anaheim 4 Edmonton 2
Pittsburgh 2 Phoenix 1

Sunday's results

Florida 4 Ottawa 2
Dallas 3 Calgary 2 (SO)
N.Y. Rangers 4 Boston 3
N.Y. Islanders 1 New Jersey 0
Chicago 2 Detroit 1
Philadelphia 1 Washington 0
Colorado 2 Minnesota 0

Tonight's games

All Times Eastern

Boston at Toronto, 7 p.m.
N.Y. Rangers at New Jersey, 7 p.m.
Detroit at Philadelphia, 7 p.m.
Carolina at Washington, 7 p.m.
Phoenix at Columbus, 7 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Chicago at St. Louis, 8 p.m.
Los Angeles at Nashville, 8 p.m.
Minnesota at Colorado, 9 p.m.
Montreal at Calgary, 9 p.m.
Dallas at Vancouver, 10 p.m.
Edmonton at San Jose, 10:30 p.m.

Tomorrow's games

Carolina at Buffalo, 7 p.m.
Toronto at Pittsburgh, 7:30 p.m.

CALENDAR

March 12-14 — NHL general managers meeting, Boca Raton, Fla.
April 7 — Regular season ends.
April 11 — Stanley Cup playoffs begin.

CURLING

CANADIAN MEN'S CHAMPIONSHIP

TIM HORTONS BRIER

At Saskatoon

All Times Eastern

ROUND-ROBIN STANDINGS

Province (Skip)

	W	L
Alberta (K. Koe)	5	0
Northwest Territories/Yukon (J. Koe)	4	1
Ontario (Howard)	4	1
Nova Scotia (J. Murphy)	3	2
British Columbia (Cotter)	3	2
Manitoba (Fowler)	3	2
New Brunswick (T. Odishaw)	2	3
Saskatchewan (Manners)	2	3
Northern Ontario (Jacobs)	2	3
Quebec (Desjardins)	1	4
Newfoundland & Labrador (Gushue)	1	4
P.E.I. (Gaudet)	0	5

Yesterday's results

SIXTH DRAW

Northwest Territories/Yukon 9 Saskatchewan 5

Ontario 9 Quebec 8 (extra end)

SEVENTH DRAW

Alberta 8 Prince Edward Island 2

British Columbia 9 Manitoba 5

New Brunswick 8 Northern Ontario 3

Newfoundland & Labrador 10 Nova Scotia 5

EIGHTH DRAW

Alberta 6 Saskatchewan 3

British Columbia 5 Quebec 4

Northwest Territories/Yukon 10 Newfoundland & Labrador 6

Ontario 6 Northern Ontario 5 (extra end)

Sunday's results

THIRD DRAW

Alberta 9 New Brunswick 4

Manitoba 8 Newfoundland & Labrador 7

Nova Scotia 5 British Columbia 3

Northern Ontario 8 Prince Edward Island 7 (extra end)

FOURTH DRAW

British Columbia 6 Saskatchewan 5 (extra end)

Northwest Territories/Yukon 8 Northern Ontario 5

Alberta 9 Quebec 2

Ontario 6 Newfoundland & Labrador 5 (extra end)

FIFTH DRAW

Northwest Territories/Yukon 10 Ontario 6 (extra end)

New Brunswick 8 Nova Scotia 6

Manitoba 8 Prince Edward Island 3

Saskatchewan 6 Quebec 5

Today's games

NINTH DRAW, 9:30 A.M.

Manitoba vs. Nova Scotia; Northern Ontario vs. British Columbia; New Brunswick vs. Prince Edward Island; Alberta vs. Newfoundland & Labrador.

DRAW 10, 2:30 P.M.

British Columbia vs. Newfoundland & Labrador; Ontario vs. Saskatchewan; Alberta vs. Northern Ontario; Quebec vs. Northwest Territories/Yukon.

DRAW 11, 7:30 P.M.

Prince Edward Island vs. Northwest Territories/Yukon; New Brunswick vs. Quebec; Manitoba vs. Ontario; Saskatchewan vs. Nova Scotia.

Tomorrow's games

DRAW 12, 9:30 A.M.

Northern Ontario vs. Quebec; Northwest Territories/Yukon vs. Alberta; Newfoundland & Labrador vs. Saskatchewan; British Columbia vs. Ontario.

DRAW 13, 2:30 P.M.

Saskatchewan vs. New Brunswick; Prince Edward Island vs. Ontario; Quebec vs. Nova Scotia; Northwest Territories/Yukon vs. Manitoba.

DRAW 14, 7:30 P.M.

Manitoba vs. Alberta; Nova Scotia vs. Northern Ontario; Prince Edward Island vs. British Columbia; Newfoundland & Labrador vs. New Brunswick.

SOCCER

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND

SECOND LEG

All Times Eastern

Today's games

Arsenal (England) vs. AC Milan (Italy), 2:45 p.m.

Benfica (Portugal) vs. Zenit St. Petersburg (Russia), 2:45 p.m.

Tomorrow's games

APOL Nicosia (Cyprus) vs. Lyon (France), 2:45 p.m.

Barcelona (Spain) vs. Bayer Leverkusen (Germany), 2:45 p.m.

Tuesday, March 13

Bayern Munich (Germany) vs. Basel (Switzerland), 3:45 p.m.

Inter Milan (Italy) vs. Marseille (France), 3:45 p.m.

Wednesday, March 14

Chelsea (England) vs. Napoli (Italy), 3:45 p.m.

Real Madrid (Spain) vs. CSKA Moscow (Russia), 2:45 p.m.

NCAA BASKETBALL

MEN'S AP TOP 25 POLL

Through March 4

	Record	Pts	Prv
1. Kentucky (63)	30-1	1,623	1
2. Syracuse (2)	30-1	1,561	2
3. Kansas	26-5	1,482	3
4. North Carolina	27-4	1,442	6
5. Missouri	27-4	1,343	7
6. Duke	26-5	1,262	4
7. Ohio St.	25-6	1,251	10
8. Michigan St.	24-7	1,149	5
9. Marquette	25-6	1,087	8
10. Michigan	23-8	945	13
11. Murray St.	30-1	922	12
12. Baylor	25-6	909	9
13. Georgetown	22-7	873	11
14. Wisconsin	23-8	853	14
15. Indiana	24-7	707	18
16. Wichita St.	27-5	492	15
17. Florida St.	21-9	468	22
18. San Diego St.	24-6	441	21
19. Creighton	28-5	364	25
20. UNLV	25-7	360	17
21. Temple	24-6	343	23
22. Florida	22-9	305	16
23. Notre Dame	21-10	256	20
24. Gonzaga	25-5	170	—
25. Iowa St.	22-9	127	—

Others receiving votes: Saint Mary's (Cal) 88, Louisville 84, Drexel 83, New Mexico 64, Virginia 34, Memphis 13, VCU 6, Vanderbilt 6, Cincinnati 5, Long Beach St. 3, Kansas St. 2, Harvard 1, Saint Louis 1.

Ballots Online: <http://tinyurl.com/43u6jr6>

Last night's result

At Las Vegas

Saint Mary's (Cal) 78 No. 24 Gonzaga 74 (OT)

Tomorrow's game

All Times Eastern

No. 13 Georgetown vs. St. John's or Pittsburgh at Madison Square Garden, 2:30 p.m.

LACROSSE

NLL

WEEK 10

All Times Eastern

Friday's games

Philadelphia at Toronto, 7:30 p.m.

Calgary at Edmonton, 9 p.m.

Saturday, Mar. 10

Boston at Rochester, 1:05 p.m.

Edmonton at Calgary, 9 p.m.

Washington at Colorado, 9 p.m.

Sunday, Mar. 11

Colorado at Washington, 8 p.m.

TENNIS

ATP MONEY LEADERS

Through March 4

All Figures U.S.

1. Novak Djokovic	\$2,460,290
2. Roger Federer	\$1,293,375
3. Rafael Nadal	\$1,236,485
4. Andy Murray	\$711,637
5. David Ferrer	\$662,621
6. Juan Martin del Potro	\$625,868
7. Tomas Berdych	\$447,450
8. Jo-Wilfried Tsonga	\$377,368
9. Milos Raonic	\$350,461
10. Jurgen Melzer	\$349,573
11. Radek Stepanek	\$347,932
12. Nicolas Almagro	\$309,745
13. Kei Nishikori	\$263,021
14. Leander Paes	\$250,488
15. Fernando Verdasco	\$244,524
16. Mikhail Youzhny	\$227,634
17. Philipp Kohlschreiber	\$222,446
18. Michael Llodra	\$222,427
19. Richard Gasquet	\$214,983
20. Gael Monfils	\$201,514

WTA MONEY LEADERS

Through March 4

1. Victoria Azarenka	\$2,921,950
2. Maria Sharapova	\$1,231,350
3. Agnieszka Radwanska	\$832,084
4. Kim Clijsters	\$492,691
5. Petra Kvitova	\$492,201
6. Sara Errani	\$417,810
7. Julia Georges	\$414,920
8. Caroline Wozniacki	\$388,668
9. Svetlana Kuznetsova	\$348,831
10. Vera Zvonareva	\$321,976
11. Jelena Jankovic	\$297,342
12. Ekaterina Makarova	\$267,677
13. Samantha Stosur	\$264,157
14. Marion Bartoli	\$237,216
15. Daniela Hantuchova	\$231,008
16. Roberta Vinci	\$223,164
17. Angelique Kerber	\$201,482
18. Iveta Benesova	\$188,981
19. Zheng Jie	\$187,406
20. Li Na	\$177,223

GOLF

WORLD RANKING

Through March 4

1. Rory McIlroy	NIR	9.29
2. Luke Donald	ENG	8.97
3. Lee Westwood	ENG	8.19
4. Martin Kaymer	GER	6.02
5. Steve Stricker	USA	5.71
6. Webb Simpson	USA	5.07
7. Jason Day	AUS	5.03
8. Dustin Johnson	USA	5.02
9. Charl Schwartzel	SAF	4.99
10. Hunter Mahan	USA	4.97
11. Adam Scott	AUS	4.96
12. Phil Mickelson	USA	4.96
13. Bill Haas	USA	4.62
14. Matt Kuchar	USA	4.56
15. Graeme McDowell	NIR	4.40
16. Tiger Woods	USA	4.40
17. Nick Watney	USA	4.36
18. Sergio Garcia	ESP	4.09
19. Brandt Snedeker	USA	4.07
20. Keegan Bradley	USA	4.06
21. K.J. Choi	KOR	4.01
22. Justin Rose	ENG	3.71
23. Bubba Watson	USA	3.60
24. Mark Wilson	USA	3.53
25. Ian Poulter	ENG	3.40
26. Paul Casey	ENG	3.38
27. Peter Hanson	SWE	3.32
28. Alvaro Quirós	ESP	3.32
29. David Toms	USA	3.29
30. Thomas Bjorn	DEN	3.28

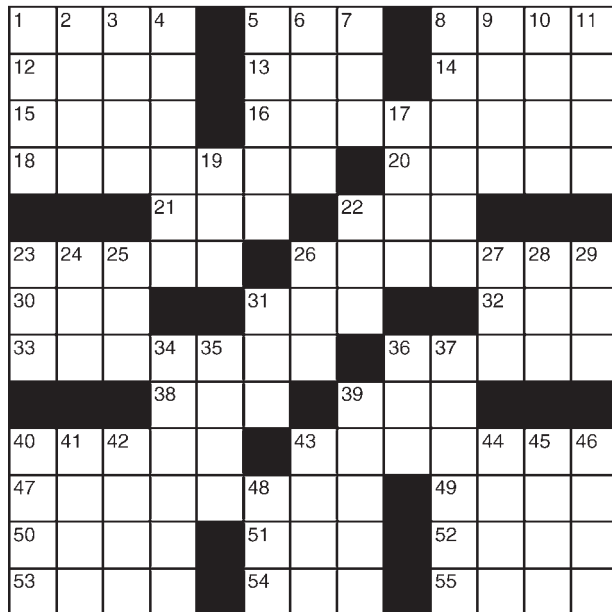
Crossword

Across

- 1 Perches
- 5 Recipe meas.
- 8 Diploma owner, for short
- 12 Versifier
- 13 — carte
- 14 Unusual
- 15 Basin accessory
- 16 Seek office, perhaps
- 18 Arthur's kingdom
- 20 Pester
- 21 Family member
- 22 Aged
- 23 Steed
- 26 "Avatar" writer/director
- 30 "— Got a Secret"
- 31 Distant
- 32 Lawyers' org.
- 33 Mothball material, once
- 36 Street urchin
- 38 "— the fields we go"
- 39 Wager
- 40 Animal track
- 43 Fine white linen
- 47 "Wichita Line-man" singer
- 49 Relaxation
- 50 Sheltered
- 51 Fish eggs
- 52 Aspen equipment
- 53 Flex
- 54 Toss in
- 55 Exam

Down

- 1 Detail, for short
- 2 Primary state
- 3 Abound
- 4 Emphasize
- 5 Mexican entrees
- 6 Venetian blind



- part
- 7 Cooking spray brand
- 8 Starbucks order
- 9 Picnic hamperer
- 10 Jason's ship
- 11 Say it isn't so
- 17 Tropical tree
- 19 Whopper
- 22 Rowing need
- 23 Toper's interruption
- 24 Eggs
- 25 Sleep phenom
- 26 Ford or Lincoln
- 27 Aries
- 28 Japanese sash
- 29 Tandoori bread
- 31 Supporting

- 34 Exhausted
- 35 KFC ingredient
- 36 Jewel
- 37 Optimally
- 39 Bundled, as hay
- 40 Wound cover
- 41 Wan
- 42 Portent
- 43 Lummo
- 44 Croupier's tool
- 45 Wife of Osiris
- 46 "— la vie"
- 48 Historic period

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Weather



MICHELE MCDUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**

Horoscope

Aries | March 21 - April 20.

You may not approve of a loved one's actions but neither are you going to condemn them.

Taurus | April 21 - May 21.

The most important thing today is that you decide what you are going to do. Don't keep changing your mind.

Gemini | May 22 - June 20.

If you don't feel happy where you are at the moment by all means get up and go some place else.

Cancer | June 21 - July 22.

Try not to read anything dramatic into what others are saying.

Leo | July 23 - Aug. 22.

If a friend makes a suggestion today

you must listen.

Virgo | Aug. 23 - Sept. 22.

The cosmic picture is somewhat uncertain today, so it might be wise to bet only on certainties.

Libra | Sept. 23 - Oct. 22.

Who says you have to see things the same way as everyone else? You're a Libra. You're different.

Scorpio | Oct. 23 - Nov. 21.

You can expect some really good things to happen over the next few days. Creatively and romantically you should set your sights high.

Sagittarius | Nov. 22 - Dec. 21.

An older relative knows more about a situation than you

do, so make sure you listen to, and act on, their advice.

Capricorn | Dec. 22 - Jan. 20.

You will find it difficult to make up your mind about something that would usually take you about three seconds to deal with.

Aquarius | Jan. 21 - Feb. 18.

There are so many opportunities available to you now that you may find it hard deciding which one to take advantage of. Go with the idea that first comes to mind.

Pisces | Feb. 19 - March 20.

Do what you want to do today and don't worry if those around you think it's a bad idea.

SALLY BROMPTON



Caption Contest

"Give me a T"
Phil

KATHY WILLENS / THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Londonderry Mall
Mill Woods Town Centre
Northgate Mall
South Edmonton Common
Southgate Centre
TELUS Plaza North
West Edmonton Mall

West End

14903 118th Ave. NW
14220 Yellowhead Trail
10429 178th St.
17508 Stony Plain Rd.

North

9624 165th Ave.
12714 137th Ave.

South

10309 34th Ave.
5912 104th St.
5926 99th St.
8708 51st Ave.
4515 Gateway Blvd.

Leduc

5906 50th St.
5311 Discovery Way

Morinville

9918 100th St.

St. Albert

St. Albert Centre
20A Muir Dr.

Sherwood Park

Sherwood Park Mall
973 Ordze Rd.
975 Broadmoor Blvd.

Spruce Grove

Westland Market Mall
96 Campsite Rd.

Fort Saskatchewan

9542 86th Ave.
9914 103rd St.

Whitecourt

3904 38th Ave.
4214 42nd Ave.
3475 35th St.

Westlock

10007 106th St.

Barrhead

5024 50th St.

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